

Precautionary measures at Nutrition Rehabilitation Centres during COVID-19

1. Encourage hand washing practices:

- Ensure that hands are cleaned with soap or hand wash with water for minimum 40 seconds before preparing food, feeding the child, after defecation and touching outside object.
- Ensure that the hand sanitizers used must be of 70% alcohol concentration
- Ensure that pictures of proper hand washing steps are displayed at the hand washing area

2. Medication and treatment

- Tests must be done twice in a day to check whether the child admitted in the NRC is having fever, cough and cold or having any difficulty in breathing
- It must be ensured that all children are given antibiotics as per protocols
- All the children admitted in NRC must be screened regularly to check whether any of them have developed any symptoms of COVID-19, any child displaying such symptoms should be kept and treated in the designated COVID-19 isolation ward in the facility
- To reduce the damage caused by the infection, if the admitted SAM child in NRC has recovered from medical complications and started gaining weight $>5\text{gm/kg/day}$ consecutively for 3 days, he/she may be discharged from NRC with necessary counseling to the mother/caregiver regarding preparation of nutritious food for the child at home, hand washing/hygiene practices, play therapy methods, along with essentials drugs and multivitamins to be administered at home
- If any admitted SAM child or their mother/caretaker found to be infected with COVID-19, they should be kept in the isolation ward and treated as per the COVID-19 prescribed guidelines

3. Nutrition of the SAM children and their caretakers

- Children admitted the NRC who are more than 6 months of age and are in the rehabilitation phase, should be given more of yellow/orange fruits as well as green leafy vegetables in their diet in order to improve their immunity
- Mothers who are found to be anemic should be given IFA supplementation and advised to consume foods containing more of protein, energy and micro nutrients in their diet which will help them to boost their immunity

4. Maintain respiratory hygiene

- During day to day activity all the staffs of NRC must maintain respiratory hygiene and wear mask on their faces
- Masks should also be given to the children more than 2 years, caretakers and ensure that they must use if they have fever, cough or any kind of cold or infection
- It must be ensured that there must be two meter of distance between two beds of children and their caregivers

5. Maintaining minimum hygiene at NRC

- It must be ensured that the NRC floors are cleaned regularly with sodium hypochlorite solution (0.5%) to make it completely clean
- The NRC staffs who are engaged in testing the children every day must use alcohol-based sanitizers or wash with liquid soap and water after checking every children at NRC
- As per the NRC protocols, cleanliness of the bed sheets must be maintained, if it becomes wet it must be changed immediately or replaced with mackintosh
- All the equipments which are used on daily basis like thermometer, weighing scale, stadiometer, length board, infantometer, MUAC tapes must be disinfected using solution with 70% ethyl alcohol
- Staff must avoid frequent touching of tables, chairs, doors, windows, window railings, handles and ensure disinfection of these items regularly
- Staff must ensure that the NRCs have safe drinking water provisions with water filter/RO facility
- There should be provisions of separate utensils for children and mother/caretakers in the NRC and it should be ensured that these are properly cleaned after each feed
- It must be ensured that minimum sanitation is maintained in the toilets used by the caretakers and are cleaned regularly
- It must be ensured that there is minimum use of diapers for the admitted children in the NRC and if possible, try to use bed pan to collect urine, dispose them off at a safe place and disinfect the bed pan with hypochlorite (0.5%) solution
- Dustbin must be cleaned daily with chlorine to make them infection free
- Utensils used for preparing and serving food must be sterilized regularly to ensure those are infection free
- The staffs must use mask while discharging their duties at NRCs
- The cook cum attendants must use apron, gloves and cap while preparing and serving food

All the caretakers must be given messages regarding COVID-19 during their stay at NRC.